



ROC President's Corner.... By Steve Tylock

Heading Out of The Unknown

I write this message for ROC members after having woken up my trail shoes for an ice breaker run. There truly was more snow and ice on the trails at the 1000 Acre Swamp than I expected, but I continued - and securely planted each foot directly under my body to do what I love - safely.

But unfortunately, we won't be having an ice breaking orienteering event.

We're in an interesting time. Twelve months ago, we closed down, started staying apart, and took measures to make our way through life safely.

And we headed off into uncharted territory.

Now we're seeing signs that the mapped area might be just ahead. So, this year we're looking to firmly place our feet onto the mapped area, work out an operating strategy, and get going at full speed - with no errors.

To that end, we've put a stake in the ground - holding a couple of great events the weekend of Sept 18 & 19 (see the separate article about them). Before that time, we'll have a couple of local meets - and try to remember how we actually do that! And between now and then we'll set up some training and Sol-O courses out in the woods to help everyone shake off the winter.

We'll be guided through the year by the terrain, handrails, and other features that we keep on the lookout for.

In the meantime - I do need to ask for assistance. The club runs on the efforts of its members, our volunteers. And I also happen to wear the hat of managing volunteers. We maintain a list of people who are happy to be asked to volunteer, and another for setting courses. If you're not already on the list, and you would be ok receiving notices about club volunteer opportunities, please reach out to me.

This past year has sent many families and individuals out into the woods - because it's a great place to be, it's safe, and it's healthy (btw - it really is - google "walk woods healthy"). As we get back in motion, we're going to need the support of all of our club members to schedule and run events - and bring friends out into the woods.

And I hope to see you there.

steve



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General Information on Local Courses

The club will no longer be using the OUSA "color" designations, but rather names based on difficulty. A description of the courses is as follows:

Name	Beginner	Advanced Beginner	Intermediate	Short Advanced	Advanced	Long Advanced
Approx. Distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km
Number of Controls	4-12	5-12	8-12	8-12	8-12	8-15
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard

The **Beginner** course is intended to be easy enough for first-time participants after a short introduction to the sport. Control points are generally on trails or similarly easy-to-locate features.

The **Advanced Beginner** course is slightly more difficult than the beginner course. Control points are generally placed close to but not right at easy-to-find features, such as on a knoll that is 50 m away from a trail junction.

The **Intermediate** course requires more map-reading and course-planning skills than the advanced beginner course. Controls will generally have a good attack point, but the attack point may be more subtle than on the advanced beginner course, or the control will be placed further from the attack point. The route choice from one control to the attack point for the next control is often less obvious than on the advanced beginner course.

The **Short Advanced, Advanced, and Long Advanced** courses differ from each other only in length. At local parks, they are usually the most difficult course that can be set given the size and the terrain of the park. Map-reading, compass, and route-planning skills will be tested to a greater degree on this course.

Sometimes other courses may be offered, such as a Motala, a course which involves one or more map exchanges, a Trail Challenge (long course with easy control placement), a Line-O or Score-O.

The entry fees to ROC meets are \$6 per map for ROC members and \$10 per map for non-members. If several people enter as a group using the same map, the fee is still \$6 (members) or \$10 (non-members). There is a \$1 discount if you use Online Registration... see roc.us.orienteering.org. The beginner and advanced beginner courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

Beginner instruction is available at most of our regular meets, and beginners are welcomed to join us!



Schedule – subject to change

Rochester Area:

Our events are not scheduled at this time. We plan on having more Sol – O type events this spring. Please check our website for more details as they happen. If you would like to help set a course, whether it's a new course or revisiting a "vintage" course, please contact Steve Tylock.

Outside of Rochester:

CNYO	Check their website for details!
BFLO	Check their website for details!
EMPO	Check their website for details!
NCO	June 5 th : South Hammond State Park September 11 th : Clue Rogaine

Contact Information:

ROC Helpline: (585) 310-4ROC
ROC Website: roc.us.orienteering.org
Orienteering USA: orienteeringusa.org
BFLO (Buffalo): buffalo-orienteering.org
CNYO (Syracuse): cnyo.us.orienteering.org
EMPO (Albany): empoclub.org
NCO (North Country): northcountryorienteering.org

Permanent Course Finishers

We have courses at Webster Park, Durand Eastman Park, Mendon Ponds Park and Letchworth State Park. You can purchase maps at our events or on our website. Congratulations to the following for finishing a course since our last issue of The Wild Times!

Durand Eastman Eastside:

Bronwyn Capps
Jeremy Wachtman

Durand Eastman Westside:

Jeremy Wachtman

Mendon:

Justin Mann
Jean-Pierre Moreau
Andrew Super
Kristina Herb
Bronwyn Capps

Webster:

Ray Ganter
Justin Mann
Kristina Herb

NCO Opportunity

North Country Orienteering has two new events at two new venues for 2021.

We are at South Hammond State Forest in St. Lawrence County for the Theseus and the Minotaur Rogaine on June 5. Unlike many a venue in the North Country, this state forest has large portions that are actually runnable. With home base centrally located and with this particular state forest layout, we think the course clearable. But don't get too brazen; it may also be the most technical of our locations. Should you find yourself lost in the wrong section of the forest, you may saddle yourself with a large time penalty. Then there's the wrinkle we've added of the minotaur lurking at some controls which might also consume time on your clock.

On September 11, we present a classic murder mystery at Pulpit Rock State Forest and the adjacent Thousand Islands Land Trust parcels, straddling Jefferson and St. Lawrence Counties, for the Clue Rogaine. Your goal is to determine who killed Mr. Boddy, in which room, with which weapon, and (we have added) for what motive. Each control helps you eliminate one of these particulars. Get them all, and you know whodunit, where, with what, and why. Otherwise, you're going to have to take a guess. You get bonus points for identifying the correct answer from each of the four categories.

Orienteering at the local level provides great year-long opportunities for those of us who cannot seem to get enough. But how often do you get the chance to test your skills at new venues? Please support our efforts in bringing you challenging courses in awesome terrain. South Hammond, in particular, should not be missed. And a good murder mystery is just plain fun.

Visit www.northcountryorienteering.org for more information and to register.

A Blast from the Past...

Can you guess which local business participated in a team building exercise involving orienteering, as highlighted in the June 2002, The Wild Times?

Bonus points if you know which ROC member organized this group!

Answers on page 7

Puzzle Time

Kolva Award Nominees



In 2009, ROC established this award in honor of Karl Kolva for members between the ages of 14 and 20 that meet the following criteria and are nominated by another ROC member.

1. Attendance and participation in age related orienteering events.
2. Service to the Rochester Orienteering Club.
3. Showing interest in improving his or her orienteering skills.
4. Demonstrating good citizenship and sportsmanship in other activities.

Please forward any nominees to the BOD for 2021! Karl recently passed on April 5, 2021, and the club will miss him greatly! Look for an article on his life in the Summer 2021 issue of The Wild Times.

British O Zone ... Autumn 2011

Answer on page 7

O Tips for Beginners

From OUSA's website... New to O? Go to <https://orienteeringusa.org/> and check out the information that is there for new orienteers. There are videos to watch on many skills that orienteers use. You will find information on the vocabulary used in orienteering and equipment you may want to purchase as you progress. There's even a FAQ section. If you want help with anything, please ask a member at the next meet! We're here to help!

Get to Know the ROC

If you have an idea for a ROC member you'd like to see mentioned in this series, please contact Don Winslow.

Don Winslow

Name: Don Winslow

Hometown: Marion, NY

Other family members: Wife, Cheri and kids, Drew and Kate

Occupation: Special Education Teacher, Lyons Central Schools

Other Hobbies: Geocaching, Genealogy

Involvement with ROC: BOD Secretary and Newsletter Editor

When did you start orienteering? 2006

Why did you start orienteering? I saw an article about it in a local parent magazine and thought it looked very interesting.

What level are you competing at? Either Green or Red Advanced courses, short or long depending on the day...



What do you love about orienteering? It combines getting outdoors and MAPS!!! I like the problem solving involved and the discussions that occur later when we all get to the finish. It's also is a lifelong sport where you can pick your level of challenge ... walking a permanent course or running competitively.

Favorite park in Rochester to orienteer in: No favorite – I'm happy orienteering anywhere there's a course... Letchworth State Park or a school yard map!

Farthest from Rochester that you've orienteered: I did a permanent course in Orlando, Florida, while on vacation, but I've driven to the Delaware Water Gap Area (DVOA) just for the day!

Worst orienteering experience: I broke my collar bone in a minor slip down a hill at Powder Mills Park ¾ of the way through a course in 2015... don't worry, I finished the course as it was on the way back to the finish, and I even did the crazy maze they had at the end!

Any future orienteering goal you may have: I'd like to visit many of the O clubs around the U.S. and participate in their local events.

Any advice for newer orienteers? As Dayle Lavine told me, there's no need to advance through the courses quickly. Don't let the course that corresponds to your age dictate what you do. Take your time and learn from each experience and fellow orienteers. Technically though, pace counting was a great tool to learn!

Overlook NRE & Letchworth Goat

Rochester Orienteering Club is taking the optimistic route choice to the end of the Covid Pandemic and is scheduling an orienteering weekend September 18/19, 2021. The following announcement is from Race Director, Rick Worner.

“On Saturday we will host a one-day **NRE middle distance event** on a new map at Harriet Hollister

Spencer State Recreation Area and on Sunday we will offer a **GOAT-style event** at Letchworth East so that people can enjoy a full weekend of activity in the woods.

The plan at this point is to start the Saturday event at 1PM to give people an opportunity to drive in on the morning of the event. Harriet Hollister is around 40 minutes south of Rochester, NY overlooking Honeoye Lake. It has a moderate trail system, interesting contour detail and very open woods. Mark Dominie is the mapmaker. Stina Bridgeman will be the course setter.

The GOAT event at Letchworth East will start and finish at an area outside the park gates to avoid any crowding in the park. Tom Roycroft is the course setter and plans to offer a long (10K+), medium (6-8K) and short (4-5K) versions of the courses. It will be a mass start at 9AM if Covid permits, otherwise it will be some sort of interval or socially distanced start procedure to comply with the OUSA and NYS Parks guidelines.

The park is open at this time of year and offers camping and cabins. Motels south of Rochester are about a 45-minute drive and there are a limited number of motels closer to the park. With the early start on Sunday people should be able to head home by noon. We will likely wait until later in the spring to open registration to see how the vaccination process proceeds and to avoid having to refund fees in case we have to cancel the event. Due to parking and NYS Park regulations we will likely have to limit the number of entries to 150 people. More on this as we get closer to the event.

We really look forward to seeing many of our orienteering friends again. Fingers crossed!!!”

Ski O Recap

There were a number of courses available this winter, but with the Sol-O format there's little record of how many people tried any of the courses. Some people used UsynligO, so there are a few results. It was a good winter for skiing, though!

Sol-O courses: (flags at Cumming, marker tags elsewhere + UsynligO)

1. Cumming Nordic Fest sol-o - beginner snowshoe-o, three beginner ski-o, intermediate and advanced ski-o [CS: Stina Bridgeman]
2. Harriet Hollister sol-o - short, intermediate, advanced [CS: Gary Maslanka]
3. Durand sol-o score-o [CS: Linda Kohn]

Training courses: (UsynligO only, no markers)

1. Harriet Hollister - last year's ski-o courses [CS: Stina Bridgeman]
2. Mendon South Meadow [CS: Linda Kohn]
3. Webster [CS: Linda Kohn]

What is Usynlig?

By Stina Bridgeman

It is one of several phone apps which lets you orienteer without flags or streamers in the woods - it's a great training tool! The app uses the GPS on your phone - once you've started a course, it plays a sound when you find the next control (or a different "out of order" sound if you visit another control on the course). UsynligO can also provide direction and distance hints to help you locate a control. The app can handle both regular point-to-point course and Score-Os; you can also switch to score-o mode for a point-to-point course if you want to skip a control or go out of order.

You can preview what courses are available and download maps for printing at <https://usynligo.no/allracesmap>. (Maps are also accessible within the app if you'd rather view them on your phone.)

To run a course, first download the app to your phone using the links at <https://usynligo.no>. When you start up the app, choose "UsynligO events" and

adjust the search radius as needed to find the desired event. Note that you need to have a data connection for this step, so make sure you load the event at home if it is at a location where there is not cell service. The Mendon Ponds sol-o course from last year and many of last winter's ski-o courses are available for training and to try out the app.

In principle, once you've started a course, you can put your phone in your pocket and just do the course - you'll hear the app register each control as you arrive and when you finish, you'll get a bit of triumphant music and see your splits. (Options for hints, switching to score-o mode, and abandoning the course are available on-screen.) In practice, however, the app doesn't always register right away. If you think you are at the right feature, try waiting for a few seconds and then move around in the vicinity of the feature to see if you can find the right spot. Often that is sufficient, but if the app still hasn't registered the control, you can use the direction and distance hints features to locate the trigger point. The Settings menu (gear icon) allows you to adjust the trigger radius - the default of 15m seems to work well, but you can set it higher if needed. There are also a few helpful tips at <https://usynligo.no/help>

You can review results using the three-bar menu on the event and course screens. Your results will be automatically posted as your punch each control if the "publish my time" option is enabled on the course start screen and you have data connection. You can post your results later from the "my races" screen - it's the icon that looks like a clock.

For course setters, uploading an event to UsynligO is (mostly) very easy - from Purple Pen, generate PDF maps for each course and export the IOF XML file - make sure you choose version 3.0 rather than the default 2.0.3 for the event, then go to <https://usynligo.no.new> and upload those files as prompted. (For score-o courses, make sure that a point value is set for every control in Purple Pen.) Note that you can only edit the descriptive

information for a published event - if you want to make changes to the courses and/or maps, you have to upload a new event.

The wrinkle with posting courses is that the map needs to be properly georeferenced so that the circles on the map can be translated into GPS coordinates for the app. If the map is not georeferenced, uploading the IOF XML file for the event will fail. If the upload succeeds, check that the control circles are in the right spot in the preview window before proceeding with publishing the event.

In Memory of...

The Buffalo and Rochester Orienteering Clubs lost a member, Scott Heiligenthaler, in March. Scott loved orienteering and wished he discovered it earlier! He was very generous to our club, and Laurie Hunt sent his family one of our club shirts as a token of our thanks.



A Blast from the Past Answers...

Jim Tappan took some folks from the Kodak Corporate Quality group to Camp Eastman for some morning development workshops and then over to the permanent course at Durand Eastman Park. Three groups of 4 had 90 minutes to locate as many controls as possible and get back in time.

Puzzle Time

Across: 2. Pit 4. Dirt Road 5. Cairn 7. High fence 8. Stream **Down:** 1. Building 2. Path 3. Wall 6. Fence

FIRST CLASS



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Read Stina Bridgeman's article
About UsynligO... p. 6

In the next issue of The Wild Times...

- Read about our spring event recaps and more about the life of Karl Kolva
- Submissions are due by July 1st, 2021



Hopefully we'll be gathering again like this in 2021!